

ABSTRACT

A dumbbell including a tubular handle with a thread on the inside surface of the tube. A straight groove that cuts through the internal thread is also formed on the inside surface of the tubular handle. A stop plate is mounted on each end of the tubular handle. A pair of retainers are provided, each retainer being a shaft with a retainer plate on one end. Each shaft has a partial thread on its outside surface extending the length of the respective shaft.

A weight plate stack is mounted on the shaft and the shaft is securely inserted into the tubular handle by aligning the partial thread with the groove, sliding the shaft through openings in the weight plates into the tubular handle, then rotating each shaft to where the partial thread on the shaft engages the interior thread of the tubular handle.